

You've had an industrial accident or developed a health problem related to your work. Because of your condition, you won't be returning to your old job. But it's likely there are still many kinds of jobs you can do.

We're Here to Help

The Workers' Compensation Board has vocational rehabilitation services that can help you discover your capabilities and find work suited to your talents and condition. We'll see if your employer can offer you another job or else we'll help place you with a new employer. If necessary, we'll also help you to get training to prepare you for another occupation.

How Can You Get Help?

You are eligible for our services as long as the Board has approved your claim and your injury or illness prevents you from returning to your former trade or occupation. If you have any concerns regarding your eligibility, phone or write your local Board office and ask to speak to a rehabilitation counselor.

And don't forget, the Board carefully reviews the forms submitted by your doctor and employer. If we think you could use our vocational rehabilitation services, we will automatically contact you.

Then What

Our goal is to assist your return to work. To do this, we will assign a vocational rehabilitation counsellor to contact you and help set up a plan of action for you to return to work. Remember, your co-operation and full participation is important in achieving your employment goals. This means

- keeping your appointments or calling in advance to cancel.
- taking the initiative. Don't always wait for your counsellor to tell you what to do. Come up with your own ideas about jobs and what you want to do.
- following each step of your rehabilitation plan to the best of your ability.
- telling your counsellor how you're doing and what problems you're having.

You can get started on your action plan by making a list of the kinds of jobs you'd like to do, talking to friends and relatives about job opportunities, contacting previous employers, checking out the want ads in newspapers and submitting applications for employment before getting together with your counsellor.

How We Help

We know that coping with the pain and shock of an industrial accident or disease is tough for you and your family. The Board has a number of trained professionals—vocational rehabilitation counsellors, psychologists, social workers, rehabilitation specialists and placement specialists—ready to help you.

Vocational rehabilitation assistance may include one or more of the following:

- **Counselling:** You and your counsellor will develop a plan geared to your own unique qualifications. Your counsellor considers and evaluates your abilities and interests, your emotional concerns and your aspirations, as well as your work background.
- **Vocational Assessment:** To guide in your choice of job opportunities, the Board provides a wide range of ways to discover what jobs suit you best.

These include

- physical appraisals
- personality and aptitude tests
- simulated work tests to see how you respond in different work settings

These tests are carried out by experts either at the Board's own rehabilitation centre or at other health and educational institutions.

- **Job Placement:** When you are ready to look for work, your counsellor will be available to provide you with techniques for getting a job, for example, how to write a resume and how to do well on interviews.

In addition, the Board's computerized listings of job opportunities will help your counsellor match you with the right employer and the right work setting. We also have employment specialists and placement specialists ready to give advice and assist your counsellor in helping you get a job.

- **On-the-Job-Training:** If required, your counsellor will try to arrange for a period of training with an employer who is willing to hire you once you've completed the training.
- **Educational Upgrading:** If necessary, we'll help you raise your educational level to reach the standard required for a new occupation.
- **Retraining:** If you need training in a new trade or skill, the Board will help arrange for it either in a school or through various technical training programs.

- **Follow-up Service:** The Board will help you and your employer adjust until you settle into the job. We'll also provide further advice and assistance if ever you need our help again.

About Financial Help

During any assessment period with an employer, the Board will pay your full compensation benefits. And while you are engaged in on-the-job training, you will continue to get full wages through a combination of payments from the Board and your new employer.

If you have to go to another location for training or educational upgrading, you may receive an away-from-home allowance. The Board may also supply books, examination fees and equipment required for your training.

If you need special devices—appliances, hand or pedal controls for your car, tools, etc.—to equip you for a new job, the Board will supply these in some cases. We will also help your employer make alterations in the workplace to accommodate you.

We're here to help you!

For further information, contact the Workers' Compensation Board office in your area.

Head Office Toronto

2 Bloor Street East
Toronto, Ont. M4W 3C3

General Claims Enquiry
(416) 927-7222

Metro Toronto
Information Centre

1382 St. Clair Avenue West
Toronto, Ont. M6E 1C6
(416) 965-8864

Regional Offices

London
200 Queens Avenue
London, Ont. N6A 1J3
(519) 663-2331

Sudbury
30 Cedar Street
Sudbury, Ont. P3E 1A4
(705) 675-9301

Area and Information Service Offices

Hamilton
Plaza Level
Standard Life Centre
2 King St. W.
Hamilton, Ont. L8P 1A1
(416) 523-1800

Kingston
1055 Princess Street
Room 303
Kingston, Ont. K7L 5T3
(613) 544-9682

Kitchener/Waterloo
153 Frederick Street
Kitchener, Ont. N2H 2M1
(519) 576-4130

North Bay
189 Widd Street, Box 3190
North Bay, Ont. P1B 1Z2
(705) 472-5200

Ottawa
350 Sparks Street
Room 206
Ottawa, Ont. K1R 7S8
(613) 238-7851

Sault Ste. Marie
421 Bay Street
Third Floor
Sault Ste. Marie, Ont. P6A 1X3
(705) 942-3002

St. Catharines
282 Linwell Road
Room 120
St. Catharines, Ont. L2N 6N5
(416) 937-2020

Thunder Bay
1265 Arthur Street East
Room 407
Thunder Bay, Ont. P7E 6E7
(807) 623-4545

Timmins
273 Third Avenue
Room 204, Box 1142
Timmins, Ont. P4N 1E2
(705) 267-6427

Windsor
787 Duelliet Avenue
Windsor, Ont. N9A 4J4
(519) 256-3461

Long distance callers are able to contact Board offices free of charge. For toll-free numbers, consult your local telephone directory.

A versão portuguesa desta publicação, encontra-se disponível caso seja requerida.

Una versione italiana di questa pubblicazione, è disponibile dietro richiesta.



Workers'
Compensation
Board

Commission
des accidents
du travail

CA20N
L90
-2027



Workers'
Compensation
Board

Commission
des accidents
du travail

*Getting Back to
Work: Help for
the Injured
Worker*